

THE KWAJALEIN HOURGLASS



**Tree snake invasion
could be disastrous**

— Page 4

(Leilani Alfred receives a standard flu shot Tuesday administered by Kim Morris, R.N. at Kwajalein Hospital. Flu vaccination is provided at no charge as a public health measure to all U.S. Army Kwajalein Atoll residents and employees. For more, see Page 6)

(Photo by Mig Owens)

When cavalry really counts

By Sgt. Ken Hall
Army News Service

Too often Americans focus on combat losses in Iraq and overlook the long-term benefits of reconstruction projects in scores of Iraqi cities and towns.

The leaders of the 1st Cavalry Division gave testimony at the House Armed Services Committee Nov. 3 about mission successes, especially the rebuilding of infrastructure, during their tenure in Operation Iraqi Freedom II.

Sense of legitimacy

While Soldiers engage and destroy the enemies of the United States in far away lands, destroying the infrastructures of foreign nations is, in fact, not what American Soldiers do best, nor is it what they aspire to do. One example can be found in Sadr City during 2004, where the 1st Cavalry Division took on the mantle of infrastructure rebuilding oversight that was being carried by their predecessors in theater, the First Armored Division and 2nd Cavalry Regiment.

I can't describe the scene in Sadr City in December, when fresh water began flowing from the brand new water network, servicing 100,000 people for the

first time ever," said Army Col. Robert Abrams, 1st Cavalry Division chief of staff during Operation Iraqi Freedom II. "This was only one part of the more than \$300 million in large-scale infrastructure projects the 1st Cavalry Division oversaw in partnership with USAID and the Iraqi people last year.

"Part of our area of operations included 20 square kilometers of fertile farmland along the Diyala River," said Abrams. "One of my battalions created an Iraqi farmer's co-op, and oversaw the planting of over 240 tons of seed and influenced thousands of Iraqi's perceptions of the United States by donating tons of humanitarian items such as chickens, beef, sheep, shoes and heaters directly to the people."

Rebirth of nation

Iraq's first post-Saddam Hussein election voter turnout was measured by news services in terms of millions of voters who braved the barrage of insurgents and terrorist car bomb attacks on the voting stations. But there was something overlooked on the front pages of the world's media coverage; the many faces of a new Iraqi nation.

"During the elections in January 2005, we worked side by side with Iraqi Election Commission officials throughout every step of the process," said Abrams. "And we always ensured there was an Iraqi face in the front, and our Soldiers and junior leaders were right behind them in the background with a large safety net in the event something would be dropped – and things were dropped, but our Soldiers were magnificent, and it was seamless to both the Iraqi people and to the world."

For those who have "bothered to come over there" and have seen what we're doing, they really understand what we're engaged in, said Army Command Sgt. Maj. Neil Ciotola, of the 1st Cavalry Division during 2004.

The Soldiers know that what we're doing over there is honorable and just. American Soldiers are "challenged every day, whether they are in training or on deployments, and they always live up to the challenges," said Ciotola. "Our contractors and others who are with us also understand what we're engaged in. Our Soldiers don't just cut down the grass, they plant and replant the grass and help bring life back to the nation."

My dive buddy,
who buddy
breathed me
through the
safety stops after
I ran a little low
on a deep dive
when I first came
to Kwaj. Thanks!



Whoever
stole my new,
expensive, waterproof
bike light. I called the
police station and
asked if it was worth
reporting. They said it
was so common not
to bother! A shame
for Kwaj.

Thumbs Down!

THE KWAJALEIN HOURGLASS

The Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to USAKA. Contents of the Hourglass are not neces-

sarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAKA. It is published Wednesdays and Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

P.O. Box 23, APO AP 96555
Phone: Autovon 254-3539; local 53539
Printed circulation: 2,000

Commanding Officer.....COL Beverly Stipe
Public Affairs Officer.....Sandy Miller
Editor.....Nell Drumheller
Assistant Editor.....Mig Owens
Graphics Designer.....Dan Adler
Reporter.....Elizabeth Davie
Circulation.....Will O'Connell

No reports of avian flu in Micronesia

By Mig Owens
Assistant editor

Though there are no reports to date of avian flu, also known as bird flu, in Micronesia, concern exists that the virus could be introduced via migratory birds. Of lesser concern is person-to-person transmission.

According to the Kwajalein Medical and Environmental Safety and Health departments, any dead bird should be considered potentially infected and residents should not touch or move it. Disposition should be done by individuals with appropriate personal protective equipment. Officials recommend that residents contact Kwajalein Hospital immediately at 52224 to coordinate safe retrieval/disposal and possible viral studies.

"There are no reports of person-to-person transmission to date. All cases have been transmitted from a bird to a person," Dr. Eric Lindborg, Kwajalein Hospital chief medical officer, said. "At this time there is no concern about an infected person arriving on Kwajalein and starting an epidemic. Additional up-to-date information on avian flu may be found at www.cdc.gov/flu/avian/index.htm."

The reason for "big concerns" regarding avian flu is threefold, according to Lindborg. First, identified cases

have had a high mortality rate. Second, immunity to this strain of flu in the general population is low. Third, if the virus mutates to allow person-to-person transmission, dissemination could result in widespread and serious illness.

"At the present time there is no need for special anxiety regarding killer flu variants at Kwajalein," he explained. "Continue with standard common-sense approach to colds and coughs. Over-the-counter symptomatic treatment is appropriate in the overwhelming majority of cases. Antibiotics do not alter the intensity or duration of symptoms."

Lindborg recommends considering making an appointment with a physician when there is: rapid/difficult breathing, cough produces thick foul-smelling, rusty or greenish sputum; fever of more than 101 degrees that shows no improvement in 72 hours or has lasted more than five days.

The Centers for Disease Control and Prevention has not recommended that the general public avoid travel to any of the countries affected by the avian flu, though persons visiting areas with reports of outbreaks among poultry or of human cases can reduce their risk of infection by following measures outlined at www.cdc.gov/flu/avian/index.htm.

Those travelers headed through Hawaii will find that baggage isn't the only thing being screened.

According to *TheHawaiiChannel.com*, the state is checking incoming airline passengers at Honolulu International Airport who show signs of being sick with the flu. This is designed to be the state's first line of defense against the bird flu, the website reported.

Hawaii is the first state in the nation to implement such a program, which requires passenger consent.

"It is because the islands are halfway to Asia, which is where the bird flu has been spreading," *TheHawaiiChannel.com* reported.

"If airline crews notice a passenger with fever, cough and other symptoms on an incoming flight, they notify health care workers at a clinic at the airport. Health care workers would then don masks, goggles and gloves and meet that passenger and take information. If the passenger consents, they take nasal swabs to determine whether or not they have an exotic virus."

For more information about avian flu infections in humans, visit the World Health Organization avian influenza Web site at http://www.who.int/csr/disease/avian_influenza/en/.

Mosquito bites can produce dengue fever

By Mig Owens
Assistant editor

The Centers for Disease Control and Prevention released an outbreak notice Nov. 4 about dengue fever listing the Marshall Islands among the areas with 'reported cases.'

Dengue has become one of the most common viral diseases transmitted to humans by the bite of infected mosquitoes, usually *Aedes Aegypti*, according to the CDC. The disease has rapidly expanded in recent years to include most tropical countries of Asia, the South Pacific, the Caribbean, South and Central America and Africa.

According to the CDC, no vaccine or specific antiviral medicines are available for dengue. Symptoms of dengue include fever, severe headache, retro-orbital eye pain (pain behind the eye), joint pain, muscle pain and rash.

"Sporadic cases of dengue have been reported

in the Marshall Islands in the past," Dr. Eric Lindborg, Kwajalein Hospital chief medical officer, said. "The mosquito vector is present on Kwajalein and over the last few years there have been three cases documented in USAKA [U.S. Army Kwajalein Atoll] residents."

Though a recent round of the 'Kwaj crud' raised questions among some residents, Lindborg said that there is no evidence of current dengue fever at Kwajalein.

He added, "There does appear to be an increased prevalence of upper-respiratory symptoms in the last few weeks that seems to be one of the standard low-virulence viral syndromes."

The main intervention for prevention of dengue is avoidance of mosquito bites, Lindborg said. Eliminate standing water where mosquitoes may breed and use mosquito repellent when outside in areas where there are mosquitoes.

Slimy, slithering saboteur threatens sanctity of Kwajalein

Brown tree snake

By Mig Owens
Assistant editor

Every plane and ship that travels to Kwajalein via Guam carries with it potential for an uninvited guest. The interloper is not just any spineless pest. It's a highly destructive species called the brown tree snake, which has caused irreparable ecological and economic problems since its introduction into Guam in the late 1940s.

Though Guam has put into place measures including trapping, canine inspection, and hand removal at its military and civil airports and seaports, because of lack of funding, "Things are leaving Guam on a daily basis that are not checked," James Stanford, U.S. Geological Survey Brown Tree Snake Rapid Response Team Coordinator, said.

Guam's predicament

In its native eastern Indonesia, predators keep down the brown tree snake's population. Without those predators, the population on Guam keeps expanding. Today, there are an estimated 13,000 snakes per square mile in some forested areas of Guam.

Eight species of forest birds, some found only on Guam, have disappeared from the island. Three other bird species are listed as threatened or endangered. In turn, insects and spiders, normally controlled by forest birds, have become more abundant.

"We pretty much don't have birds on Guam and have only one colony of bats, about 70, left," Stanford said. "The snakes have eaten their way through birds, small mammals and domestic animals. They now feed on lizards. It's one ex-

otic species being eaten by another."

The effects are long lasting. Guam's native forests are no longer regenerating because the birds and bats ate and transported seeds, acting as pollinators and seed dispersers. "The natural system is crashing," Stanford said.

Power outages on the island caused by snakes shorting out the system cost Guam millions of dollars each year because such blackouts stop all economic activity. Between 1978 and 1997 alone, an estimated 1,700 outages were attributed to the brown tree snake.

According to Stanford, "Guam is the only place in the world where snakes are everywhere."

One in 1,000 emergency room vis-

its are from brown tree snake bites. Though venomous, Stanford said the snake's venom is not potent. It kills its prey by chewing to inject venom.

"It will hurt, and if you have an allergy, will swell, but it isn't going to kill you. In small children, it's dangerous, but tolerable. Kids under 3 could die if not treated properly, but there are no reported deaths yet."

Threat to Kwajalein

Acting as stowaways, "the snakes are getting out of Guam," Mike Nicholson, Installation Pest Management supervisor, said.

On Oct. 11, one snake survived a three-month journey in a shipping container from Guam to a military installation in southeastern Oklahoma. The snake was caught and killed, preventing its escape.

Brown tree snakes have been sighted on Saipan, Tinian, Rota, Wake, Oahu, Pohnpei, Okinawa and Diego Garcia, and steps are being taken to prevent the spread and establishment of the snake throughout the Pacific Islands.

Kwajalein has experienced three brown tree snake sightings in the past 15 years. The last sighting was in 1999 when a truck was used to run over the snake on the tarmac. The other two snakes were found dead in the wheel wells of a military plane direct from Guam, according to Nicholson.

Stanford said that the snake is probably established on the island of Saipan, based on sightings or killings at close to 80 locations there. "We don't have confirmation of that, but I hope not - it could be another nightmare occurring," he said.

Sneaky snake traits

The brown tree snake can arrive somewhere easily without



notice, Stanford explained. They are active only at night, are camouflaged in trees resembling branches and are excellent climbers.

They range from a foot to over 10 feet long and remain skinny. Stanford said they can get into anything, even cinder block walls, and can consume large items such as roosters.

Stanford explained that the brown tree snake will typically run from people, unless they can't get away, in which case they will become aggressive. Stanford said he's been bitten 100 times already in his first year on Guam.

Prevention requires vigilance

On the lookout for brown tree snakes entering Kwajalein are professionals from the Marine, Aviation and Environmental departments who were briefed by Stanford Saturday at the Corlett Recreation Center.

"We will purposely inspect aircraft or cargo, inbound to Kwajalein from Guam when we suspect it has not been inspected upon departure from Guam," Nicholson said. "We will receive a call from the USDA [U.S. Department of Agriculture] group (we

hope every time) when we have something inbound that was not inspected. As far as Aviation personnel and Supply personnel, they are asked to be aware of something that may decide to flee the area of entry as those departments are performing operations. Even with inspections on Guam there have obviously been snakes leaving."

There are no snakes on Kwajalein, Stanford explained. "Any snake doesn't belong here. This is the one snake that will bring problems to Kwaj."

Steps required to prevent snakes spreading are, "See it, identify it, then kill it," he said. If a snake is spotted, look to see if it has a big head and skinny neck, which are features of the brown tree snake. Then use a heavy object to hit it in the head, or a sharp object to cut it in half once. Keep all killed snakes for further identification.

Whether killed or escaped, call Installation Pest Management at 54738, KRS Environmental at 53225, U.S. Army Kwajalein Atoll Environmental at 54218, the Service Desk at 53550 or as applicable, the After-Hours Service Desk at 53139.

Stanford said that the Rapid Re-

sponse Team will head to Kwajalein on the next flight if requested to help catch or eliminate a brown tree snake using dog teams, tools, traps and their expertise.

"We're a long way from eradicating snakes on Guam," he said. "Kwaj receives planes, which means you are at risk. Each time one lands, there's the same potential there's a snake on that thing."

According to Nicholson, prevention is the key, not just to the introduction of the brown tree snake but to introduction of any other invasive species and unwanted pests that may arrive from off island.

"It is a constant threat and we are finding these invasives on a regular basis being shipped to Kwaj and are doing everything we can to contain them and prevent their release into the Kwajalein environment," Nicholson said. "It's not a matter of if...it's a matter of when (or in some cases when again) we will be assaulted by something that is a serious threat to us or the environment. With education, training and preparation we can surely reduce the chances of that happening."

Meningococcal vaccine available at hospital

Vaccine recommended for select group including young adolescents

Kwajalein Hospital
News release

A limited supply of the new Meningococcal vaccine, MCV4, has arrived on island. This vaccine is given as a preventative for meningitis. We received about 10 percent of the order we requested. The vaccine is being allocated based on available supply. This is a national shortage, not just a Kwajalein issue. Additional supplies will be allocated as they become available, but the manufacturer has not given us a time frame. We are pursuing the matter vigorously and will announce supplies as they come in. The current doses will be given on a first-come first-served basis to individuals in the priority groups. The priority groups are:

- Young adolescents, 11-12
- Adolescents (if not previously vaccinated) at entry into the 9th grade or at 15 years of age (whichever comes first)
- All college freshmen living in dorms (if not previously vaccinated)

- Other groups at high risk such as those with underlying medical conditions or travelers to areas with high rates of meningococcal disease.

Although the supply of the new vaccine is limited, there is a sufficient supply of the meningococcal vaccine that has been available in the United States since 1981, MPSV4. This long-used vaccine will give basically the same level of protection as the new conjugate vaccine. The difference between the vaccines is related primarily to the duration of protection not the degree of protection. The MPSV4 vaccine requires a booster every 3-5 years whereas the new MCV4 vaccine is expected to last for more than 10 years. Once our current supply of the new vaccine is exhausted, anyone requiring protection before additional supplies arrive can be protected with the MSPV4 vaccine.

Finally, the Federal Drug Administration and Centers for Disease Control have alerted consumers and health-care providers to five cases of neurological complications after administration of the new vaccine. It is not known whether these cases were caused by the vaccine or were coincidental. An investigation of the situation is actively progressing. A vaccine information sheet discussing this will be given to parents to review before the vaccine is administered.

Taking care

November is American Diabetes Month

By Amanda Curits, RN and
Ingle LeBlanc, RN, CCRN
Kwajalein Hospital

November is American Diabetes Month; a time to consider that diabetes is one of the most costly and burdensome chronic diseases of our time, and is a condition that is increasing in epidemic proportions in the United States and throughout the world.

The complications resulting from the disease are a significant cause of death and are associated with the damage or failure of various organs such as the eyes, kidneys and nerves.

Individuals with Type 2 diabetes are also at a significantly higher risk for coronary heart disease, peripheral vascular disease and stroke, and they have a greater likelihood of having hypertension, dyslipidemia and obesity.

Although the treatment of diabetes has become increasingly sophisticated, with over a dozen drugs available to lower blood glucose, a multitude of ancillary supplies and equipment available and a clear recognition by health care professionals and patients that diabetes is a serious disease, the normalization of blood glucose for any appreciable period

of time is seldom achieved.

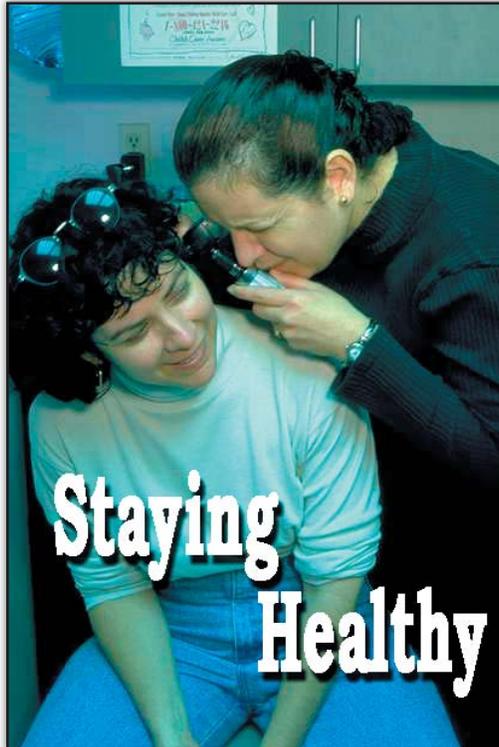
In addition, in well-controlled so-called "intensively" treated patients, serious complications still occur, and the economic and personal burden of diabetes remains.

Given these facts, it is not surprising that studies have been initiated in the last decade to de-

termine the feasibility and benefit of various strategies to prevent or delay the onset of Type 2 diabetes.

Is it possible to delay or even prevent Type 2 diabetes from ever developing? Yes it is. The recently completed Diabetes Prevention Program study by the American Diabetes Association conclusively showed that people with pre-diabetes can prevent the development of Type 2 diabetes by making changes in their diet and increasing their level of physical activity. Two factors are exercise and weight-loss, because a 5-10 percent reduction in body weight, coupled with 30 minutes a day of moderate exercise, can reduce your chances for developing Type 2 diabetes by 58 percent. Another is nutrition, because by eating well-balanced meals in the correct amounts, you can keep your blood sugar level as close to normal (non-diabetes level) as possible.

There is a lot you can do yourself to know your risks for pre-diabetes and to take action to prevent diabetes if you have, or are at risk for, pre-diabetes. The American Diabetes Association has a wealth of resources for people with diabetes, and its Web site is www.diabetes.org.



Flu vaccine available on Kwajalein

Limited quantities on island, vaccine recommend for people at high risk

Hourglass reports

The standard flu vaccine is now available at Kwajalein Hospital. If you would like to receive an injection, visit the Kwajalein Hospital outpatient department Tuesday through Saturday, excluding Fridays, from 1:30 to 4 p.m.

Residents are asked to sign in for a nurse and vaccinations will be given on a first-come, first-served basis. Flu vaccination is provided at no charge as a public health measure to all U.S. Army Kwajalein Atoll

residents and employees.

The vaccination is highly recommended for people at high risk for complications from the flu, including:

- All children from 6 to 23 months old
- People 65 and older
- People from 2 to 64 with chronic health conditions (such as chronic heart or lung conditions, including asthma; metabolic disease [like diabetes], chronic kidney disease or weakened immune system [including immune system problems caused by medicines or by infection with human immunodeficiency virus (HIV/AIDS)])
- Children from 2 to 18 who are on long-term aspirin

See FLU, Page 12

All programming is subject to change without notice

Friday

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors	
midnight	The Late Show	PTI	American Morning	Roller	Late Night with Conan O'Brien	Movie: (Cont.)	Spongebob	C.S.I. Miami	
12:30 a.m.	The Late Late Show with Craig Ferguson	NFL Sounds of the Game					Fairly Oddparents		
1 a.m.						Wife Swap	Movie: <:07> <i>The Real McCoy</i>	Even Stevens	Pacific Report
1:30 a.m.	Big Idea with Donnie Deutsch	NHL						Kenan & Kel	Tonight Show w/ Jay Leno
2 a.m.		<i>Colorado Avalanch</i> at <i>Phoenix Coyotes</i>				America's Next Top Model		Gilmore Girls	The Late Show w/ David Letterman
2:30 a.m.	Countdown with Keith Olbermann								
3 a.m.			MSNBC Live			Alias	Movie: <i>Swordfish</i>	Degrassi	
3:30 a.m.	Access Hollywood							Degrassi	The Late Late Show with Craig Ferguson
4 a.m.	Headline News	SportsCenter				Friends		Fresh Prince	
4:30 a.m.	Entertainment Studios					Seinfeld	Movie: <:45> <i>Finding Forrester</i>	Family Ties	The Big Idea with Donny Deutsch
5 a.m.	ESPNews	NFL Live	Connected: Coast to Coast			Carol Duvall		Play with Sesame	
5:30 a.m.	Headline News					Room by Room		Barney & Friends	Countdown With Keith Olbermann
6 a.m.	Today	PGA	Dayside			Body Shaping		Sesame Street	
6:30 a.m.		<i>WGC World Cup: 1st Round</i>				The Right Fit			Access Hollywood
7 a.m.			FOX News Live						
7:30 a.m.						The View	True Hollywood Story	Bear in the Big Blue	Headline News
8 a.m.	Wheel of Fortune	NFL Greatest	Studio B with Shepard Smith					Miss Spider	Entertainment Studios
8:30 a.m.	Dr. Phil <8:26>	1st & 10				Emeril Live	Coming Attractions	Blue's Clues	ESPNews
9 a.m.	Oprah Winfrey <9:20>	NFL Live	Your World with Neil Cavuto				E.T.	Dora the Explorer	Headline News
9:30 a.m.		The Hot List				30 Minute Meals	Movie: <i>The Promise</i>	Rolie Polie Olie	Good Morning America
10 a.m.	Guiding Light <10:20>	Around the Horn	The Big Story w/ John Gibson		Low Carb & Loving it		Lazy Town		
10:30 a.m.		PTI			Design on a Dime		Madeline		
11 a.m.	General Hospital <11:10>	The Hot List	Headline News		Style Star	Movie: <:44> <i>Girl Interrupted</i>	Reading Rainbow		
11:30 a.m.		NBA Action	NBC Nightly News		E! News Live		JoJo's Circus	Emeril Live	
noon	Headline News	NBA	ABC World News		Malcolm		Rolie Polie Olie		
12:30 p.m.	Judge Judy	<i>Washinton</i> at <i>Minnesota</i>	CBS Evening News		My Wife & Kids		Dora the Explorer	College Basketball	
1 p.m.	Today		The Newshour with Jim Lehrer		Girlfriends		Blue's Clues	<i>Season Tipoff 2nd Round</i>	
1:30 p.m.					Dawson's Creek	Movie: <i>Ransom</i>	Miss Spider		
2 p.m.			Hannity & Colmes		Judging Amy		Bear in the Big Blue		
2:30 p.m.		NBA					Barney & Friends		
3 p.m.	Lilo & Stitch	<i>Houston</i> at <i>San Antonio</i>	Anderson Cooper 360		Passions	Movie: <:16> <i>Wild Things</i>	Play with Sesame		
3:30 p.m.	Oh Yeah! Cartoons						Funniest Videos		
4 p.m.	Sabrina		Anderson Cooper 360		ER		Growing Pains		
4:30 p.m.	NBA Inside Stuff						Pokemon	ABC World News	
5 p.m.	Jeopardy	Inside the NBA	Larry King Live		The West Wing	The Directors	Yu-Gi-Oh!	ESPNews	
5:30 p.m.	Access Hollywood						Disney's Doug	CBS Evening News	
6 p.m.	ESPNews	NFL Game of Week	Rita Cosby Live & Direct		Simpsons	Ebert & Roeper	Hey Arnold!	NBC Nightly News	
6:30 p.m.	Pacific Report				Raymond	E.T.	Spongebob	Enterprise	
7 p.m.	Two and a Half Men	SportsCenter	Headline News		Into the West	Movie: <i>Shakespeare in Love</i>	Fairly Oddparents		
7:30 p.m.	Joey <:26		Headline News				Thats So Raven	ER	
8 p.m.	Window on the Atoll (7:50pm)	College Basketball	Headline News				All That!		
8:30 p.m.	Revelations (8:00pm)	<i>Coaches vs Cancer Classic</i>	Hardball with Chris Matthews				Joan of Arcadia	Jeopardy	
9 p.m.	C.S.I. Miami		O'Reilly Factor					Headline News	
9:30 p.m.					Monk	Movie: <:17> <i>Best in Show</i>	Sabrina	ESPNews	
10 p.m.	Pacific Report		Nightline		Friends		Sabrina	Pacific Report	
10:30 p.m.	Tonight Show W/ Jay Leno		Business Report		Seinfeld		Fresh Prince	The Simpsons	
11 p.m.			Primetime		The Daily Show	Movie: <i>Ghostbusters II</i>	Family Ties	King of the Hill	
11:30 p.m.	The Late Show				Blind Date		7th Heaven	Survivor: Guatemala	

All programming is subject to change without notice

Saturday

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors	
midnight	The Late Show	SportsCenter	American Morning	Roller	Late Night with Conan O'Brien	Movie: (Cont.)	Spongebob	The Apprentice	
12:30 a.m.	The Late Late Show with Craig Ferguson	Inside the NFL			Into the West	Movie: <:52> <i>Adaptation</i>	Fairly Oddparents	Pacific Report	
1 a.m.							That's So Raven		
1:30 a.m.	Big Idea with Donnie Deutsch	Tennis Masters Cup					All That!	Tonight Show w/ Jay Leno	
2 a.m.							Joan of Arcadia		
2:30 a.m.	Countdown with Keith Olbermann	<i>Shanghai, China</i>						The Late Show w/ David Letterman	
3 a.m.							MSNBC Live		
3:30 a.m.	Access Hollywood				Monk	Movie: <i>Shakespeare in Love</i>	Sabrina	The Late Late Show with Craig Ferguson	
4 a.m.	Headline News	SportsCenter			Friends		Sabrina		
4:30 a.m.	Entertainment Studios				Seinfeld		Fresh Prince	The Big Idea with Donny Deutsch	
5 a.m.	ESPNews	NFL Live	Connected: Coast to Coast		Carol Duvall Show	Movie: <:17> <i>Best in Show</i>	Family Ties		
5:30 a.m.	Headline News	Outside the Lines			Room by Room		Play with Sesame	Countdown With Keith Olbermann	
6 a.m.	Today	PGA WGC World Cup	Primetime		Body Shaping		Barney & Friends		
6:30 a.m.		2nd Round	FOX News Live		The Right Fit		Sesame Street	Access Hollywood	
7 a.m.						The View	The Directors	Bear in the Big Blue	Headline News
7:30 a.m.								Miss Spider	Entertainment Studios
8 a.m.	Wheel of Fortune	Inside the NFL	Studio B with Shepard Smith		Emeril Live	Ebert & Roeper	Blue's Clues	Good Morning America	
8:30 a.m.	Dr. Phil <8:26>					E.T.	Dora the Explorer		
9 a.m.	Oprah Winfrey <9:20>	NFL Live	Your World with Neil Cavuto		30 Minute Meals	Movie: <i>Danielle Steel's Once in a Lifetime</i>	Rolie Polie Olie	Homes Across Amer.	
9:30 a.m.		The Hot List			Easy Entertaining		Lazy Town		
10 a.m.	Guiding Light <10:20>	Around the Horn	The Big Story w/ John Gibson		Decorating Cents		Madeline		
10:30 a.m.		PTI			The Look for Less	Movie: <:47> <i>Hope & Glory</i>	Reading Rainbow	Designed To Sell	
11 a.m.	General Hospital <11:10>	SportsCenter	Headline News		E! News Live		JoJo's Circus	Landscape Smart	
11:30 a.m.		NBC Nightly News			Malcolm		Rolie Polie Olie	Weekend Handyman	
noon	Window on the Atoll	NBA	ABC World News		My Wife & Kids		Dora the Explorer	The Outdoorsman	
12:30 p.m.	Judge Judy	<i>Orlando Magic</i>	CBS Evening News		Girlfriends		Blue's Clues	Raceline	
1 p.m.	Today	at <i>Cleveland Cavaliers</i>	The Newshour with Jim Lehrer		Dawson's Creek	Movie: <i>A River Runs Through It</i>	Miss Spider	NASCAR Craftsman Truck Series: <i>Ford 200</i>	
1:30 p.m.			Hannity & Colmes		Judging Amy		Bear in the Big Blue		
2 p.m.		NBA	Anderson Cooper 360		Passions	Movie: <:09> <i>10 Things I Hate About You</i>	Barney & Friends		
2:30 p.m.	CatDog	<i>Detroit Pistons</i>	Anderson Cooper 360		ER		Play with Sesame		
3 p.m.	Archie's Mysteries	at <i>Houston Rockets</i>			The West Wing	Inside the Actor's Studio	Funnest Videos	ESPNNews	
3:30 p.m.	Dave the Barbarian		Anderson Cooper 360				Growing Pains	ABC World News	
4 p.m.	The Shaman King						Pokemon	ESPNNews	
4:30 p.m.	Jeopardy	SportsCenter	Larry King Live				Yu-Gi-Oh!	ESPNNews	
5 p.m.	Access Hollywood				The Simpsons	Hollywood Shootout	Disney's Doug	CBS Evening News	
5:30 p.m.	ESPNews	NFL Live	Rita Cosby Live & Direct		Raymond	E.T.	Hey Arnold!	NBC Nightly News	
6 p.m.	Pacific Report				Lost	Movie: <i>Identity</i>	Spongebob	Star Trek: Voyager	
6:30 p.m.	The Simpsons	SportsCenter	Headline News				Fairly Oddparents	Rock Star: INXS	
7 p.m.	King of the Hill		Tavis Smiley		NCIS	Movie: <:45> <i>Spider-Man</i>	Chalkzone		
7:30 p.m.	Survivor: Guatemala	College Basketball	Hardball with Chris Matthews				American Dragon	Rock Star: INXS	
8 p.m.	The Apprentice	Coaches vs <i>Cancer Classic</i>	O'Reilly Factor		Missing		Atomic Betty	The Proud Family	
8:30 p.m.			Nightline		Friends				Even Stevens
9 p.m.	Pacific Report				Seinfeld		What I like About You	Headline News	
9:30 p.m.	Tonight Show W/ Jay Leno				The Daily Show	Movie: <i>Nutty Professor</i>	Switched!	ESPNNews	
10 p.m.					Blind Date		Radio Free Roscoe	Blue Collar TV	
10:30 p.m.							Fresh Prince	One On One	
11 p.m.	The Late Show						Family Ties	Cold Case	
11:30 p.m.									

HELP WANTED

KRS has the following job openings. For contract hire positions, call Marie Dixon, 51300. For all others, call Jack Riordan, 55154. Full job descriptions and requirements are on line or at Human Resources, Building 700.

NEED EXTRA money? KRS employment applications are continually accepted for the Community Activities and Food Services Departments for casual and part-time positions. If you are interested in being a scorekeeper, sports official, recreation aide, recreation specialist, library aide, lifeguard or pizza delivery driver, please submit your application to the HR Department for consideration as positions become available. For more information, call the KRS HR Office at 54916.

PRODUCTION CONTROL CLERK II, Automotive. Full time. HR Req. K030983.

ADMINISTRATIVE ASSISTANT II, Public Works. Full time. HR Req. K030992. Must be able to work independently with limited supervision providing direct administrative support to Public Works manager and his staff. Three years' administrative experience with a medium-to-large organization and proven skills in Word, PowerPoint and Excel desired.

MAIL CLERKS, two full-time positions open. HR Req. K030958, K030959.

IMAGING TECHNICIAN, Kwajalein Hospital. Casual. HR Req. K030981.

MEDICAL BILLING SPECIALIST, Kwajalein Hospital. Casual. HR Req. K030982.

FOOD SERVICE WORKER, Café Roi. Full time. HR Req. K030979.

CASHIER, Tape Escape. Casual.

RECREATION AIDE I. Casual 24 hours per week. Open and close Adult Recreation Center, maintain and clean facility and provide customer service. HR Req. K030813.

REGISTERED NURSE, Kwajalein Hospital. Casual. HR Req. K030935.

RECREATION AIDE II, Roi Recreation. HR Req. K030921.

CDC AIDE, Child Development Center. Casual. HR Req. K030929.

MECHANIC I, Kwajalein Automotive. Two full-time positions. HR Req. K030332 and HR Req. K030641.

PRODUCTION CONTROL CLERK I, Kwajalein Automotive. Full time. HR Req. K030630.

AUTO BODY TECHNICIAN I, Kwajalein Automotive. Three full-time positions. HR Reqs. K030640, K030783, K030883.

TOOL ROOM ATTENDANT II, Kwajalein Automotive. Full time. HR Req. K030895.

RECREATION AIDE I, Roi Community Activities. Casual. Two positions. HR Reqs. K030755, K030756. Enniburr applicants should apply to Tim Lykes.

LIFEGUARDS, Kwajalein Community Activities. Casual. HR Req. K030885.

PAINTER II, Roi Operations. Full time. HR Req. K030761. Enniburr applicants should apply to Floyd Corder.

REC AIDE I - CRC. Two casual positions HR Reqs. K031000 and K031002.

ADMINISTRATIVE ASSISTANT I, Chapel, full-time

position. HR Req. K031001.

KRS CONTRACT POSITIONS

FIELD ENGINEER II, HR Req. 031157.

TEACHER, HR Req. 031169.

REGISTERED NURSE, HR Req. 031155.

COMPUTER TECHNICIAN II, HR Req. 031159.

FACILITIES ENGINEER II, /MECHANICAL ENGINEER. HR Req. 030812.

HARDWARE ENGINEER II, Roi-Namur. HR Req. 031179.

MANAGER OPTICS/PHOTO, HR Req. 031177.

MISSION LOGISTICS COORDINATOR, HR Req. 031171.

CONTRACT PURCHASES SPECIALIST, CONUS, HR Req. 031185.

HARDWARE ENGINEER II, HR Req. 031187.

FIELD ENGINEER I, HR Req. 031189.

SOFTWARE ENGINEER I/DATA ANALYST, HR Req. 031191.

COMMUNITY BANK

For consideration, submit your resume on-line at www.dodcommunitybank.com. For more information, contact the Personnel Department at employment@bank-of-america.jp or call the Banking Center manager at 52292/2142. Community Bank is and Equal Opportunity Employer.

SENIOR TELLER, full time. Successful candidates should have previous banking, credit union or cash-handling experience. Candidates must have the ability to quickly and accurately handle transactions, communicate effectively and possess a strong desire to learn. Previous supervisory experience is recommended.

CUSTOMER SERVICE REPRESENTATIVE, part time. Successful candidates should have previous banking, credit union or cash-handling experience. Candidates must have the ability to resolve customer service issues in the banking center to guarantee customer satisfaction and retention, may work on the teller line, handle basic sales requests and possess good telephone etiquette.

WANTED

CLEANING AND child care help 2-4 hours, two afternoons/early evenings a week ASAP. Call 54789.

STORAGE CABINETS, preferably flat-pack type. Call 54352.

WATERFORD METROPOLITAN 3.5-inch pillar candle holder to compete my set. Call 58377.

FOUND

FROM THE KPD FOUND OFFICE: male mountain bicycle, Pacific brand, Elite SX model, red, 26-inch frame, chain/sprocket rusted — SN: KK03F00138. Female Huffy brand, green, 26-inch frame with rear saddle baskets — SN: 26462K. One ladies watch, Swanson brand. One woven cigarette container. One fish keychain with one key. One gold necklace with gold basketball charm. Bicycle, Huffy, aluminum, blue, orange and white, 4 speed — SN: KR4H00617. Bicycle, aluminum, red and silver with front and rear baskets and 18 speeds — 43520.

LOST

PURPLE SPORTS wristwatch with Velcro closure at

Emon Beach Sunday. Call 51576.

TWO KEYS one to office door, one to cabinet. On small blue key chain light. Please call Lexy 54240.

LOST PINK SUNSHIRT and black sunglasses with gold flowers at scuba shack by Emon Beach. Please call, 53070.

FOR SALE

HIGH-RESOLUTION monitor, 19 inch, \$75. Call Annie at 55646.

SAGE AND white blinds for 400-series housing, \$10 each or \$125 for all. Call 52672.

CANNONDALE Silk Trail 400, P-bone head-shock front forks, CAAD two aluminum frame and rims, shock-absorber seat post, new chain, cables and seat, \$250; body-glove shortly wet suit, medium, \$50; 500-watt dual-halogen light on tripod, new in box, \$60; boat-trailer winch with strap, new, \$40; retractable swim step for jet ski, new, \$50; gas-powered weed eater, \$24. Call 52642.

PCS SALE kitchen table with drop leaves and four chairs; computer desk; rugs; hallway runners; utility cart; Sharp microwave; rubber ocean balls; assorted plants; some dresses; Call Francoise at 52424 or stop by Trailer 610 between 5:30 and 8 p.m.

CRIB AND mattress, \$100 and set of 12 wine glasses, \$10. Call 54728.

PANASONIC microwave oven, 1.2 cubic feet, 1300 watts, \$75; K2 inline roller blades, size 9, used once, \$60 and 8-pound barbells, \$5. Call 52713.

SONY 135-mm, 90-HF all-purpose recording cassette tapes. Call 52147.

HIGH VALUE ITEM SALE Apple Powerbook, 1-Gz processor, 40-G Hard Drive, OS X Tiger with box, Microsoft Office, \$800; Kiteboard starter setup, Fuel 14-meter kite, lines, directional board, bar and lines, \$500; 55-gallon glass aquarium, Fluval undergravel filter, powerheads, many extras, \$150. Call Christian 59108

HP PRINTER-SCANNER-COPIER 1315 with extra ink cartridges (never used) \$80; digital camera, \$150; Titanium RayBans, \$80; Logitech WebCam Messenger, \$30; USB 4-port Hub, \$15; Stereo \$40; REI 10 by 10 foot screened house tent, never used, \$150; fireproof, steel toe work boots, \$50. Call Vanessa 54812.

UNIVEGA TANDEM Bicycle with chro-moly frame, aluminum wheels, 27-speed, like new, \$400 and Brinkmann stainless-steel propane barbecue, \$150. 52788 home, 50958 work.

COLUMBIA 26-foot sailboat, fiberglass hull, 5-hp Nissan outboard, cradle, mooring, boathouse, all contents and equipment for \$15,000. Call 54237, leave message.

SCUBA GEAR SET, Atomic T2 Reg. Mare computer, lights and more, \$750; HF radio TS440 and vertical antenna \$450; SGC2020ADSP HF radio and 237 Tuner and Antenna \$750. Martin DC-1E guitar, Peavey processor and more \$1,000. Call after 5 p.m., 53329.

NEW BOY'S 12-inch bike, Magna-Crocodile Cruisin', \$20. Call, 58222.

LADIES SIZE 8 soft boot inline skates, \$100; Cooks Essentials nonstick electric skillet, \$50; *Batman Begins*, \$20; Ceramic chili pepper condiment tray with bowls, \$30; new burley bike trailer, assembled, \$50; new Oster large indoor grill, \$50; new nonstick roasting pan, \$25; clock radio, \$20. Call 51229 or 52501 after 5 p.m.

TABLECLOTH, six placemats, cloth napkins, napkin holders, candles, \$12; men's size 13 rollerblades, excellent condition, \$25; two steel 120 c.f. dive tanks, \$75; Nikonos V underwater camera system with strobe, \$300; three-panel room screen, white material with natural wood, \$35 and Fry Daddy, \$4. Call 51359.

SURFBOARD, 7 feet, 10 inches, NSP Epoxy, \$450 and ping golf irons and putter with new Nike golf bag, \$80. Call 51610.

POWER BOAT 26.5 foot Crownline. 5.7 liter-V8 inboard w/Bravo II stern drive. V-berth, quarter berth, table, stove, stereo, bathroom w/shower, fridge, full canopy, deck shower. 15-horse power kicker. Boat lot with full cover, deck; boathouse with tools, battery charger, cleaning supplies and hardware. Seven-foot dinghy with 4-horse power Yami. \$33,000. Call John home -52582, work - 58331.

BABY JOGGER, aluminum \$60. Call 52400.

NEW CANNON DESKTOP calculator with printer, \$20; Total Chef countertop convection oven, \$25; rice cooker/deep fryer combo, \$40; Uniden pair of walkie-talkies, \$35; and new large flower pots \$15, call after 5 p.m., 58954.

SAUDER-BRAND oak computer hutch, built in light, pullout key board shelf, file drawer, movable shelves and more. Excellent condition, \$150, call 53500 to see.

SOLIS COFFEE grinder, paid \$120, will sell for \$50; computer desk with hutch, \$15; BoBike Maxi bike carrier with bike, holds child up to 40 pounds, \$45; Burley, available Dec. 8, \$50 and two-drawer file cabinet, \$6. Call 51359.

PORTABLE DVD player with battery charger and AV adapter. Plays DVD, video CDs, music CDs, MP3 files on CD-R and CD-RW and Kodak picture CDs, Dolby Digital audio output with built-in speakers and headphone jack, has bookmarks and zoom, \$250. 54168.

DELUX ERGONOMIC office posture kneeling chair with Tempur Pedic foam, \$100. Call, 58377.

COMMUNITY NOTICES

SCHOOL ADVISORY Council monthly meeting is at 7 p.m., tonight at elementary music room. For more information, call 53761.

THE OPTOMETRIST will be on island through Sunday. To make an appointment, call 52223 or 52224.

THE YOKWE YUK Women's Club will have Christmas wish lists available for outer-island Christmas Drops from 10 a.m. to 2 p.m. Monday at drop boxes near stores. For more information, call Sheri at 52115.

DUE TO mission requirements the recompression chamber will be unavailable from Monday to Dec. 5. During this period recreational diving will be limited to 50 feet.

CUB SCOUT Pack 135 will sell fresh holiday wreaths for \$25. Order from 10 a.m. to 1 p.m. on Mondays through Dec. 5. Orders will be taken near the post office. Wreaths will be delivered free.

RELAY FOR LIFE — Meet Elaine Waterhouse, American Cancer Society relay coordinator, from 6:30 to 9:30 p.m., Thursday at the Religious Education Building. For more information, call Lee Allas at 53789 or Michele Poitras at 53875.

DURING BARGE operations, tentatively scheduled for Thursday and Friday, the Supply and Marine

Department areas, between 6th and 8th Streets and Supply and Marine Roads, are off limits to pedestrian, bicycle and vehicle/equipment traffic. Only Supply and Marine department personnel will be allowed access into these areas. Barricades/caution tapes will be erected at all of these points. For more information, call the Transportation department at 52180/53444/53430.

CHILD DEVELOPMENT Center will hold a Reading Night at 6:30 p.m., Friday in the elementary school music room. The theme for the night is Thanksgiving.

CHRISTIAN WOMEN'S Fellowship is hosting a Thanksgiving lunch at 1 p.m., Nov. 25 at the Religious Education Building. The community is invited; please bring a side dish or dessert to share. For more information, call Amy at 52681.

THERE WILL BE no school Nov. 25 and 26 due to the Thanksgiving holiday.

THE ORTHODONTIST, Dr. Peter Picard, will see patients from Nov. 29 to Dec. 2. For more information or an appointment, call 52165.

KWAJALEIN'S FIRST nativity display will be Dec. 5 in Corlett Recreation Center Room 6. In order to give everyone the opportunity to enjoy the beauty and spirit of Christmas, we are hoping to gather nativities

from everyone on island. This will be a one-day display. If you are interested in loaning your nativity scene, call Tammy, 50172, or Marybeth, 52073.

KWAJALEIN BAPTIST Fellowship invites you to their 9:40 a.m. worship on Sundays in the elementary school music room. For more information, call Ernie, 54173.

VOLUNTEERS needed to staff the Marshallese Cultural Center from 4 to 6 p.m. Mondays, once every-other month. For more information, call Cris, 52935.

UNSOLICITED SEALED Bid Sales at the DCCB has restarted and will be open to the public every Tuesday from 8 to 11 a.m. and from 1 to 3 p.m. For more information, call 51770.

MARSHALLESE CULTURAL Center is open from 3 to 5 p.m., Fridays and from 4 to 6 p.m. Mondays. There are handicraft demonstrations on Mondays. For more information, call Cris at 52935.

CHILD AND YOUTH Services is conducting a survey to see if our programs are meeting the needs of the community. Forms are available at the Central Registry office located at the Child Development Center or call extension 52158. If you have a child in one of the programs or if no program is available for your child, it is important to fill out this survey.

The Kwajalein Scuba Club presents
Aloha Christmas
An island-formal Christmas party
at 8:30 p.m., Dec. 11, at the Yokwe Yuk Club.
For more information,
call Sandi Finn at 54991.

Café Pacific

beginning at 11 a.m. for meal-card holders, at 1 p.m. for non-meal card holders and continuing until 6:30 p.m.

Nov. 25

Menu includes:

- Seafood bar — shrimp, mussels and salmon
- Gourmet cheeses — Danish brie, gruyere, smoked cheddar, pepper jack, gouda
- Salad — Caesar, Waldorf and assorted jello
- Entrees — roast tom turkey, steamed crab legs, carved steamship round of beef, carved hickory-smoked ham
- Fresh fruit
- Desserts — holiday specialties and chocolate Oreo cheesecake



Thanksgiving

Non-meal card holders: adults \$16.95, children under 12, \$8.95

Menu subject to change due to availability

Rain, rain, go away

More rain fell in October than typical

RTS Weather
News release

On average, Kwajalein experiences 1.6 thunderstorm days per October, or about eight thunderstorms for every five Octobers.

Kwajalein experienced about 4.5 months worth of thunderstorms this past October when the seventh thunderstorm for the month occurred during the early morning hours of Oct. 31.

Thunderstorms occurred on Oct. 9, 12, 21, 22, 28, 30 and 31, setting a new record for the number of thunderstorm days during the month of October. More thunderstorms have not occurred at Kwajalein for a single month since August 2000, when eight thunderstorms occurred. The Kwajalein records for thunderstorm occurrence go back to 1960.

The previous record was six thunderstorms in 1999. An unusually high number of troughs, or cold pools of air, in the upper levels of the troposphere, moved southwestward from the mid-latitudes over the northern Marshall Islands this past month. It is believed that these features play an important role in the generation of thunderstorms in our area.

Not only was last month stormy, but it was quite wet, too. Normal precipitation for the month of October is 11.46 inches. This year we received 16.86 inches, making October the first month of 2005 to end with above-average rainfall, and making this the sixth wettest October on record. It was the wettest October since 1970 when Kwajalein received 19.12 inches. The records for the month of October are 5.04 inches and 20.05 inches set in 1969 and

1964, respectively.

The heaviest rain event occurred during the night of Oct. 30 and early in the morning of Oct. 31. Party-goers on the night of Oct. 30 became drenched as a particularly heavy thunderstorm moved across the southern portions of the atoll, dropping more than 3 inches of rain at the weather station in less than two hours.

The 24-hour storm total for this precipitation event was 4.05 inches at the weather station with unofficial reports of nearly 5 inches on the north end of Kwajalein.

This was the heaviest 24-hour precipitation event since Dec. 21, 2003 when 4.65 inches fell at the weather station. The record 24-hour rainfall for the month of October is 6.53 inches, which occurred on Oct. 19, 1968.

FLU, from Page 6

therapy (children given aspirin while they have influenza are at risk of Reye syndrome)

- Pregnant women
- People who live in nursing homes and other long-term care facilities that house those with long-term illnesses
- Health-care personnel who provide direct patient care
- Household contacts and out-of-home caregivers of children less than 6 months old.

Vaccination is also recommended for the following:

- People from 50 to 64, because nearly one-third of

people from 50 to 64 in the United States have one or more medical conditions that place them at increased risk for serious flu complications

- People who can transmit flu to others at high risk for complications. Any person in close contact with someone in a high-risk group should get vaccinated. This includes all health-care workers, household contacts and out-of-home caregivers of children up to 23 months old, and close contacts of people 65 and older.

- All other individuals who want to reduce risk for flu illness.

Weather

Tonight: Variably cloudy. Scattered showers. **Winds:** ENE-ESE 15-20 knots.

Thursday: Variably sunny. Scattered showers. **Winds:** ENE-E 12-18 knots.

Friday: Partly sunny. Scattered showers. **Winds:** ENE 12-18 knots, East late.

Saturday: Partly sunny. Scattered showers. **Winds:** ENE-E at 10-15 knots.

Annual rain total: 64.46 inches
Annual deviation: -22.63 inches

Call 54700 for updated forecasts or
www.rts-wx.com.



Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
Thursday	0642/1826	1919/0726	0430, 4.8' 1640, 5.9'	1020, 0.7' 2310, 0.6'
Friday	0643/1826	2013/0823	0500, 4.6' 1720, 5.7'	1050, 0.9' 2340, 0.9'
Saturday	0643/1826	2108/0920	0540, 4.3' 1750, 5.4'	1120, 1.1'